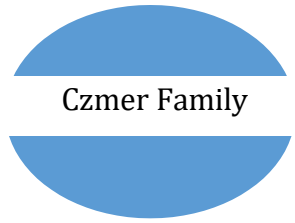




FLINT



DOING WHAT'S BEST.®

HEALING HANDS 5K RUN/WALK
to benefit The Genesee County Free Medical Clinic
Organized by
Genesee County Medical Society Alliance & Sovita Credit Union

Saturday, May 17, 2025 @ 9:00AM - Mott Community College, Downtown Flint, MI

- Starting Time: 5K Run starts at 9:00AM and 5K Walk starts at 9:01AM
Location: Mott Community College, Event Center 1401 E. Court Street, Flint, MI. Parking available at college
Course: Both events will start and finish at Mott Community College.
Facilities: Restrooms at Prah Center
Registration: Entries postmarked after 5/03/25 may not guarantee your preferred T-shirt size. Packet pick-up & onsite registration will be held from 8:00-8:45 AM the morning of the run/walk at the Event Center
Entry Fee: \$30 before 4/1/2025 \$40.00 after includes T-shirt
Refreshments: Post-race refreshments for your enjoyment while awaiting race results & awards presentation.
Features: Community health promotion, materials to promote health, and a few silent auction items. Theme Basket Door Prizes – must be present to win.
Race Ceremony: MC: DJ Rob from Her & I Promotions
Awards & Age Divisions: Awards to Overall and Masters male and female and top THREE finishers in each age group in each race: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.
Results: Race scored using B-Tag System & posted race day and online at www.enmotive.com
Information: HOTLINE: 810-235-7430 Website: Register online at https://healinghands.enmotive.com/events/
Pledge Form: Pledge form is located on the back of this flyer. Anyone raising \$100.00 in pledges may run or walk for free.



Healing Hands 5K Run/Walk to benefit the Genesee County Free Medical Clinic Entry Form
(May be photocopied)
9:00 AM Saturday: May 17, 2025

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Phone \_\_\_\_\_ Birth Date \_\_\_\_\_ Sex: [ ] Male [ ] Female Age on race day: \_\_\_\_\_ [ ] Run [ ] Walk

B-Tags for scoring will be provided by Great Lakes Management on race day. Mark if Virtual [ ] Run [ ] Walk

I/We will be walk/running in memory of: \_\_\_\_\_

Circle choice of Tech T-shirt size: S M L XL XXL (add \$2.00) REGISTRATION FEE/Coupon Code \_\_\_\_\_

MAIL TO: Genesee County Free Medical Clinic, 2437 Welch Blvd., Flint, MI 48504 DONATION \_\_\_\_\_
TOTAL AMOUNT ENCLOSED \_\_\_\_\_

DISCLAIMER MUST BE SIGNED: In consideration of the acceptance of my application for the Healing Hands 5K Run/Walk, I hereby release and discharge all race participants, groups, organizers, sponsors, volunteers, officials, other affiliated parties, the USATF and its Associations (Michigan, national and other associations) connected with this event from all liability for any damages, loss or injuries including but not limited to medical expenses, whatsoever arising from my participation in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN \_\_\_\_\_



2025 Healing Hands 5K Run/Walk  
To benefit the Genesee County Free Medical Clinic

PLEDGE FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

<u>Name of person pledging</u>	<u>Amount</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

\*Add more pages as needed

Please make any checks payable to the Genesee County Free Medical Clinic. Bring entry form, pledge form and money collected to the race on race day. Any person raising \$100 in pledges may walk or run/walk for free.



If you would prefer to register online, please scan the QR code above!